

February  
2008  
Issue 29

# PALM READER

## The Palmerston Indoor Bowling Club Magazine

### BOARD OF DIRECTORS

Due to some members standing down at the Annual General Meeting in April, vacancies will occur on the Board of Directors.

Any club members who would like to be considered to fill vacancies should submit their names to the Board Chairman, Mrs Maureen Cleaver, no later than Friday 21st March 2008

Maureen Cleaver  
Chairman, Board of Directors.

### PALMERSTON SUMMER LEAGUES

Summer leagues in Palmerston will begin on Monday 7 April, immediately following the Club Finals week-end. Information will appear in the club in good time for you to enter your teams of 5 with three to play. Following the first committee meeting on Friday 22 February, the days and times of play will be offered. The format will probably be similar to last year viz. a league every morning except Saturday and Club Night on a Friday at 7.00 p.m. Some changes may be made in the light of comments from last year. If you are disillusioned with the weather, the greens, the parking, and the travelling or you are getting too old to deliver a bowl the full length of a wet green outdoors, why not continue indoors. The summer leagues are a light hearted way to keep your hand in for the 2008-9 winter season. Everything is very friendly and relaxed, the idea being to have a friendly game of bowls with no pressure. Lunch in the restaurant is always available afterwards. If you want to ask any questions about the summer leagues, ask Roy Mudd.





## New Members

If you have any queries or problems after joining the club, please contact any committee member (photos on entrance foyer notice board).....they will be only too pleased to help. Don't forget you can always raise any questions / worries through this magazine where letters or emails are always welcome

## Wanted

**Anybody** interested in joining / forming a mixed team for the **next** winter season.

**Sundays 6:15 to 8:15**

There are currently four teams listed in this very friendly and relaxed league and more would be encouraged and greatly appreciated.

See notice boards or committee members if interested



## POSSESSION OF THE RINK

Many players forget the courtesies of possession of the rink.

It may be worthwhile looking at the rule, and reflecting what should and should not be done.

### **Rule 41 Laws of the sport of indoor bowls First Edition**

Possession of the rink shall belong to the team whose bowl is being played.

The players in possession of the rink for the time being shall not be interfered with annoyed or have their attention distracted in any way by their opponents.

As soon as each bowl shall have come to rest, possession of the rink shall be **transferred to the other team**, time being allowed for marking a toucher.

What should this mean

1. The opposing skip should not be in the head looking to see who has the shot, after his team's bowl has come to rest
2. The opposing skip should not be giving instructions / information to his team, that is the prerogative of the skip in possession of the rink
- 3 **Any** player bowling should not be part way up the rink **when their bowl comes to rest**. They should be behind the head or behind the jack
4. At all times, when a team is not in possession of the rink they should be clear of the head., or behind the mat
- 5 In a singles game, the marker should **only** be asked for information when a player is in possession of the rink. The marker should deny answering a question from the person who has just bowled, and whose bowl has come to rest.

**N.B. Possession of the rink is the important factor, all bowlers should know when they have possession, and play accordingly.**

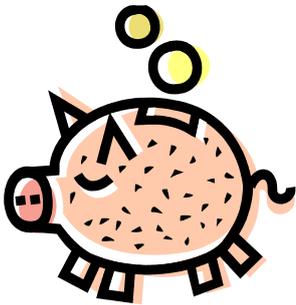
**R.L.M.**

## Social and Fundraising – by Rene Bowshell (Social Secretary)

**D**ecember edition certainly gave a good coverage of our activities. Well done Brian! We are now planning 2008 events. Another successful Race Night was organised in January thanks to Roy Mudd and his team of workers.

With the welcome enrolment of numerous new members over the past few years a brief outline of our aims and objectives might be appreciated. In the early days fund raising was imperative and still makes a valuable contribution to the Club's finances.

It is gratifying to record that schemes such as the 'Bonus ball' 'Treasure Chest' '100 Club' are still running successfully – thanks to the continued dedication of willing volunteers and the support of members. Use of our excellent facilities for social events in the Restaurant has always been popular with members. Hire of the facilities, Raffles at functions, Coffee mornings, Quiz nights Charity events and many others – all help to stimulate income - as well as the all important aspect of promoting business for Richard our resident caterer. Bar sales are also increased.



**Social Committee** was set up in co-operation with the Board and JMC to ensure that the bowling programme, matches, competitions, association commitments etc was not affected in any way by social activities.

Currently we have seven members though for several years we had as little as three.

If you have any questions or comments regarding social or fund raising activities they will always be willing to help you. They are: Rene Bowshell (Director i/c Catering) Peter Carter (Director i/c Bar), Ray Morse (Director ex Secretary), Harry Macartney (JMC Vice President, Match Secretary), Malcolm Chapman (Entertainments Manager), Maurice Brown, Chris Stray (Richard's wife) Barbara Wallace (Social Member). You can always leave a note with the Desk Steward if none of them are in the Club or of course you can communicate thro' Palm Reader. At the next AGM we hope to recruit some of the newer members to bring in some new ideas. Some of us feel that after 10 years we are running out of steam as well as ideas!!

Coming back to the Social programme our present task is organising:

**Annual Coffee Morning** which is planned for Easter Saturday 9.30-11.30am. This has always been a successful and enjoyable 'fund raiser' but it cannot be operated without the help of you the members. Details of suggested 'stalls' are on the notice board. We need you to bring contributions for those stalls AND come along to help sell them. Home made crafts are especially welcome and you can deduct the cost of your materials from the sales (e.g. greeting cards, jewellery). The home made cakes and goodies always go well – they are such a 'treat' these days. There will be a list on which you can promise your services and your contributions – not forgetting Harry's 'bottle stall' which will need at least 50 bottles to make it all worth while! Can you organise a 'raffle'? e.g. – sweets in jar/ hunt the treasure/ guess weight of cake/ name a doll or toy – all old favourites. Let us have your ideas and your offers for the March Palm Reader. Bruce Bedford is already preparing his fuchsias and other gardening 'miracles! It is a 'Bring & Buy' event so we need the 'Buyers' as well as the 'Sellers'. Entrance 50p including coffee, hot cross buns & biscuits.



**Spring Cabaret Dinner** – Saturday March 29<sup>th</sup> (a change from the previously advertised March 22<sup>nd</sup>) the 'theme' has not yet been decided but chats are in hand with Richard regarding menu and Malcolm is looking for some appropriate entertainment.

Thought is being given to the summer programme. We try to organise regular monthly events to guarantee continuous income for Richard when there are very few bowling events to cater for as well as less members using the Club. Bar sales and also staff need that extra income. Any ideas and help welcome – Quiz & Games/ After Dinner speakers/Cheese wine & Bingo. Maybe mid week functions? Let us know.



# Have your say

Would you include in one of your news letters (if possible) the different hand signals etc used in indoor bowls.

Bill

*I have asked one of the coaches if he can provide this and hopefully it will appear in the next magazine.*

Ed



Dear Editor

I would like to congratulate you on your first two editions of Palm Reader, which I enjoyed reading. I wish you continued success and hope that not just officials but also many ordinary members will consider sending you articles and letters to inform and entertain their fellow club mates.

To add my two penn'orth, I'd like to congratulate Ron Snelling for the article on coaching. The coaches do a great job with beginners which is vital for the club to recruit new members, but we must not forget that this is only the beginning of the learning process which, as I can assure you from personal experience, never stops.

After some initial experience many if not most members will notice that they have some problems which seem to repeat themselves despite their best efforts. I have often been asked for advice, but all I can do is offer the odd comment or suggestion. What is needed is coaching by qualified coaches for people keen to improve. We have had a couple of "advanced" coaching days, but I've seen at first hand (I enrolled for one of these days) that this is mostly limited to a series of group exercises. I think there is a genuine need for "clinic" coaching to address each person's actual problems.

I envisage something like a 1 hour session where a coach would take say 4 members. He/she would do individual coaching where each would bowl their 4 woods with the coach giving individual advice on the person's delivery. The others not bowling would observe and learn from watching. In my experience this would be more than enough for the bowlers to take in at any one time. If I have one personal piece of advice from my experience, it is that you should not try to alter more than one thing at a time. Give it a chance to work and groove it in so that it becomes automatic, otherwise you find that in the heat of battle when you are under pressure, the old habits return.

After the hour, the coach can leave and let the bowlers play a game for the other hour where hopefully they will just concentrate on what they have learned and not get sucked back into competing. Just remember that changing something will probably worsen your game before it gets better, simply because you won't be so consistent.

Coming back to Ron's article in last month's PR, there are some great points in there, but there is one thing I've always had a problem with. It's this idea of aiming at a "shoulder". I understand the shoulder is where the bowl reaches it widest point before turning back towards the centre line. However if you aim there it surely will never reach that point, because the bowl starts to bend (even if only a little) straight after you have delivered as soon as the friction of the carpet makes the bowl roll. So in reality, you need to send the bowl out on a line outside the shoulder. The reason I don't like this "shoulder" idea is that it encourages you to face the shoulder but send the bowl a few degrees to the right on the forehand (for a right handed bowler) and to the left for a backhand. This means you need to develop two deliveries, a forehand one and a backhand one. This is why many people prefer one hand, which is a weakness that in competitive play can be exploited by your opposition.

My personal philosophy is to face the "real" aiming line (outside the shoulder, maybe aiming at a point on the bank) and bowl on this line. Then it doesn't matter whether you are bowling forehand or backhand - it's all the same. Why learn two deliveries rather than one?

Don't take this as a criticism of the coaching. Each person has his/her own ideas and these are just mine. I have every admiration for the work that the coaches do, let's make as much of this generous and valuable resource as we can.

Sincerely

Russell Gadd



Q. What does the Statue of Liberty stand for?  
A. Because it can't sit down.

Sherlock Holmes and Dr Watson were going camping. They pitched their tent under the stars and went to sleep. Sometime in the middle of the night Holmes woke Watson up and said: "Watson, look up at the stars, and tell me what you see."  
Watson replied: "I see millions and millions of stars."  
Holmes said: "and what do you deduce from that?"  
Watson replied: "Well, if there are millions of stars, and if even a few of those have planets, it's quite likely there are some planets like earth out there. And if there are a few planets like earth out there, there might also be life."  
And Holmes said: "Watson, you idiot, it means that somebody stole our tent."

Q. What is a maniokleptic?  
A. Someone who walks backwards into shops and leaves things behind.

# Lighter side Lighter side

The club secretary was visiting a fellow bowler in a brand new hospital, and asked about the place and things in general. "The nurses are very good and so is the treatment" came the reply, "But the food gets a bit boring." What do you mean boring asked the secretary? Well we get "Haggis" for breakfast, "Haggis" for our lunch and then "Haggis" again for supper. Well what do you expect says the secretary!  
"THIS IS THE BURNS UNIT"

Q. If you have a referee in soccer, and an umpire in cricket, what do you have in bowls?  
A. Goldfish

Q. What do you call a cat who ate a duck?  
A. A duck-filled-fatty-puss.

## Greeting Cards.

Thanks to everyone who supports the sale of these cards. From May 2006 to March 2007 we have donated **£297.00** to the club funds.

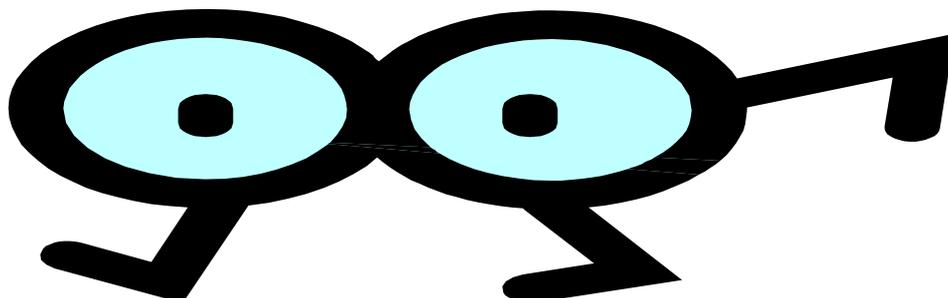
## Spectacles for the 3rd World.

Swanwick Lions would like to thank everyone for the more than 150 pairs of glasses donated so far. The specs are collected on a designated Sunday once a year from Dorset, Sussex and Hampshire. They all end up in Chichester to be sorted. They are then sent to France for the lenses to be graded and are then forwarded to 3rd world countries for distribution. Lions Clubs International is recognised Worldwide for its service to blind and visually impaired people. This began in 1925 with a challenge issued by Helen Keller who was herself blind and deaf.

The Lions operate a First Sight Programme and over 150 million pounds with 818 grants to over 90 countries has so far been given. For more information call Marian Rose (the card lady) on 01489 575270.

The yellow collecting box is by the stewards desk and could I please remind everyone that it is not a rubbish bin. Whilst I do not mind removing the sweet paper or two, I do object to removing the chewing gum that has been deposited on more than one occasion.

Thank you for your help.



# *BRING & BUY COFFEE MORNING*

*March 22<sup>nd</sup> Easter Saturday*

9.30-11.30 – Tickets 50p incl coffee & biscuits

## LIST OF PROPOSED STALLS

- 1 Serving Coffee & Biscuits
- 2 Home made Preserves, Cakes etc., Tins (in date) Chocs, Sweets, Biscuits. (in date)
- 3 Books / Jigsaws / Boxed Games / CDs / DVDs etc
- 4 Greetings Cards (Hand made)
- 5 Jewellery - Hand made or surplus
- 6 Unused Gifts (brand new) Toiletries (sealed)
- 7 Craftwork (Knitting etc.)
- 8 Woodcraft
- 9 Fuchsias & other plants - gardening tips
- 10 Bottle Stall - if we get enough bottles!

Any other suggestions?

Definitely NO JUMBLE or BRIC-A-BRAC

**Each stall needs 'Manager' and Helper**

Please volunteer on list.

**YOUR SUPPORT & CONTRIBUTIONS WILL ENSURE SUCCESS**

## **DOTS AND "T"S**

Dots and Ts are put down on the carpet to assist the bowlers in placing the mat, and centring the jack.

The marks are carefully put down on the surface to comply with law 5 (ix ) of the WIBC Laws of the Sport of Indoor Bowls - First edition, found on page 7

All dots and Ts should be in line with the rink numbers.

The shoulder of the T is 2 metres from the ditch line, and on a full length end, the front of the mat should be in line with the front of this shoulder, so that the front of the mat is 2 metres from the ditch.

Similarly, any jack placed on the T should have the front of it in line with the shoulder of the T, thus making the front of the jack 2 metres from the ditch.

The spots are placed 1 metre apart, starting from the T, and going towards the far ditch. They may go as far as the 23metre line, but we only have six or seven spots.

No spots can be placed between the two 23 metre marks.

Extra re-spotting marks are placed on the carpet for placing the jack if it is driven out of play **in our domestic leagues.**

They are in accordance with Appendix B 3.1 of the Crystal Mark Edition of the Laws of the Sport of Bowls for Sets play.

The spots are 2 metres from the ditch, and 1.5 metres on either side of the T, and the jack driven out of play is placed on the nearest one of these.

Should this be covered by a bowl, then the jack is placed in line with the spot, but 0.5 metre further from the ditch.

It takes five or six of our members some 1.1/2 or 2 hours to replace these dots and Ts after the carpet has been stretched, so please be aware that these marks are not small pieces of litter that need to be picked off and discarded.

If you see that one of the dots is missing, then please let Andrew Miller know, and it will be replaced as quickly as possible.

Thanks for your help, and we hope that they are useful.

Roy Mudd